

# Explore the World by Bicycle

Traveling by bicycle is one of the most enjoyable, healthful, and sustainable ways to have a great vacation. Thousands of people load up their bikes and take off on trips ranging from a few miles to around-the-world, from a Sunday at the nearby state park to an epic adventure around the world. But, if you aren't ready for that - if you're new to bicycling, new to overnight camping, or feel you lack the experience or information -- the Finger Lakes Cycling Club's touring group holds a series of trips every summer that can serve as an introduction to bicycle touring.



First are the trips where the participants drive to a location of interest and then spend several days cycling on routes around that destination. Past trips of this kind have taken us to Ottawa, Cape Vincent, Cooperstown, and Welland, Ontario. The photos on this page are from a trip just a week ago -- our Columbus Day Weekend trip to Ludlow, Vermont. While there, 18 participants of various abilities took rides ranging from just a few miles along the river valley to a tour of six Green Mountain passes. We stayed in a hostel and had our main meals together in the common dining room. A trip like this, where we car-pool to the destination, is very economical and environmentally gentle.

The second type of trip is the week-end tour. On these trips, we leave from Ithaca on a Friday afternoon and arrive at a camping place that night; on Saturday we ride to the next camping place; and on Sunday we ride back to Ithaca. The more experienced cycle-campers load their equipment on their bicycles so as to be completely self-sufficient. Others, who may have less experience or haven't developed the necessary fitness, can have their camping equipment carried by a support vehicle. We prepare all our meals in camp. Trips like this have included most of the state parks around Cayuga and Seneca Lakes.



The third type of trip is more ambitious -- a self-supported trip of a week to ten days, usually without vehicle support. Among the FLCC touring group trips in the past two years was a ride from Washington, D.C., to Pittsburgh via the C&O Canal tow-path and the Great Allegheny Passage rail trail; an Adventure Cycling Association trip around Glacier National Park in Montana; and a loop through the Laurentian Mountains north of Montreal. We have also taken partially supported trips -- with a vehicle carrying at least part of every rider's gear -- from Geneva, New York, to Niagara-on-the-Lake, Ontario, and a wide loop around Lake Champlain encompassing parts of the Adirondacks and the Green Mountains.

To find out more, visit the Finger Lakes Cycling Club website at [flcycling.org](http://flcycling.org) or contact Steve Powell, the club's VP for overnight touring ([vpovernight@flcycling.org](mailto:vpovernight@flcycling.org)) or Andrejs Ozolins, the club's VP for touring ([vptouring@flcycling.org](mailto:vptouring@flcycling.org)). Join us for a world of great fun and fulfilling activity.